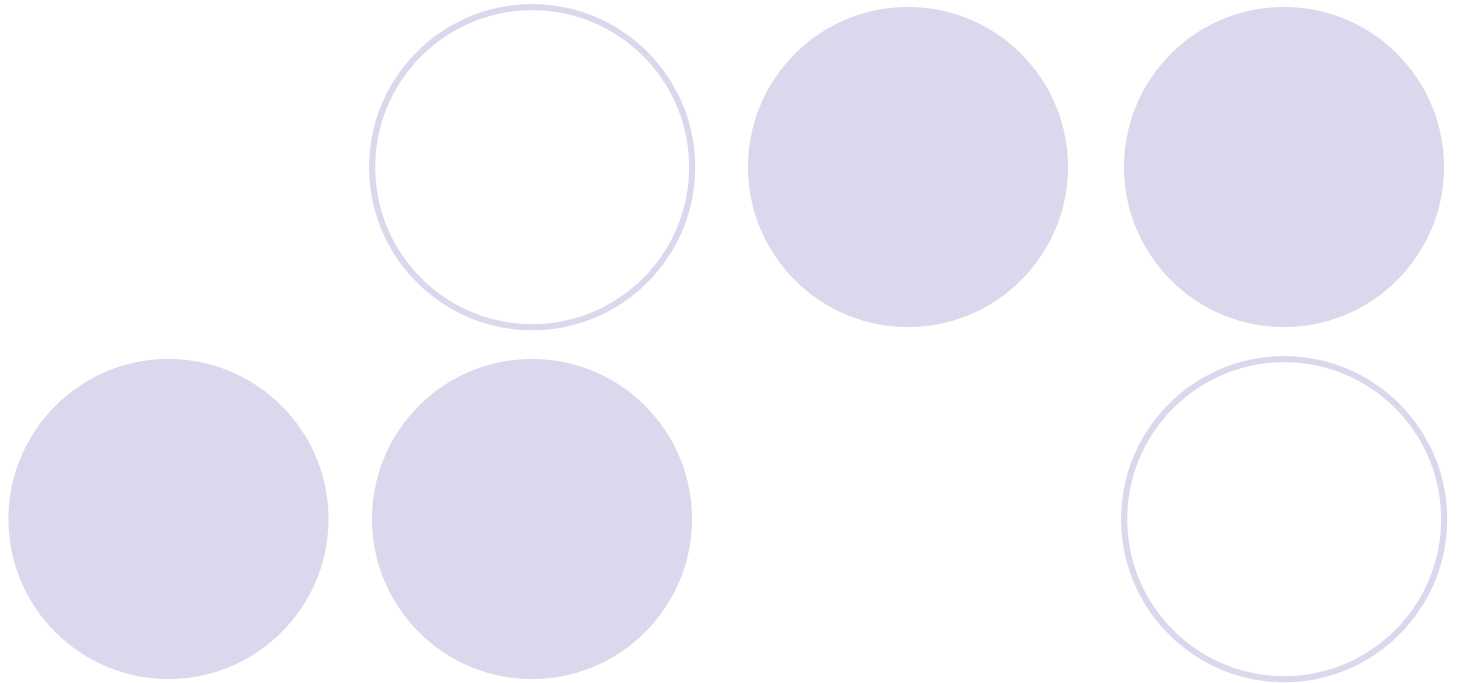


School Age (6 -12 years)



Objectives:

- 1. Introduction**
- 2. Physical growth**
- 3. Physiological growth**
- 4. Motor development**
- 5. Language development**
- 6. Cognitive development**
- 7. Emotional development**
- 8. Psychosocial development**
- 9. Moral Development**
- 10. Spiritual Development:**
- 11. Common health problems of school stage**



School Age (6 -12 years)

School Age is Characterized by:

- Gradual growth
- Motor skills
- Advances in thinking
- Child begins to interact with people

Physical Growth

Weight:

School age child gains about 3.8Kg/year. Boys tend to gain slightly more weight through 12 years because they grow in muscles

Formula for 7 to 12 years is:

$$\frac{(\text{age in years} \times 7) - 5}{2} = \text{Kg}$$



Height:

- Gains about 5 cm/year. 135-150 cm at the end of school age (Triples his birth length)
- Body proportion during this period: both boys and girls are long-legged.

Teething :

- During school age period, permanent teeth erupt, starting from 6 years. (Usually, permanent teeth eruption in the same order as primary teeth lost).

Physiological Growth:



- 1. Pulse: 90 ± 15 beats /min (75 to 105).**
- 2. Respiration: 21 ± 3 c/min (18 - 24)**
- 3. Blood pressure: $100/60 \pm 16/10$**
- 4. Immune system reaches as normal adult.**
- 5. Nervous system is mature by (10) years**

Cont Physiological Growth

- 7. The school age child is generally taller & thinner than preschool age.**
- 8. The size of the head gradually increased.**
- 9. The face changes slightly.**

Motor Development:

Age	Gross	Fine
6 - 8 yrs	<ul style="list-style-type: none">● <u>Runs, jumps, climbs, and hops, is in constant motion which is clumsy, and awkward</u>	<ul style="list-style-type: none">● <u>Knows left hand from right.</u>● <u>Draws a person (12-16 parts, details).</u>

Age	Gross	Fine
8-10 yrs	<ul style="list-style-type: none">● Throws ball skillfully.● <u>Beings to participate in organized sports.</u>	<ul style="list-style-type: none">● Increased smoothness and speed in fine motor control.● <u>Handles eating utensils (spoon, fork, knife skillfully.</u>

Age	Gross	Fine
10 - 12 yrs	<ul style="list-style-type: none">• Enjoys all physical activities.	<ul style="list-style-type: none">• Sufficient fine motor control for activities are reached through <u>(building models or sewing)</u>.

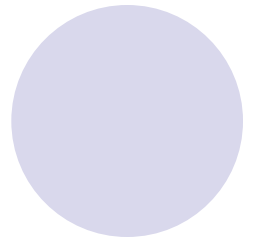
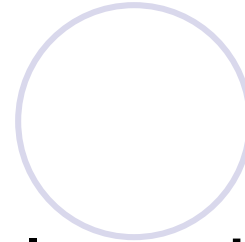
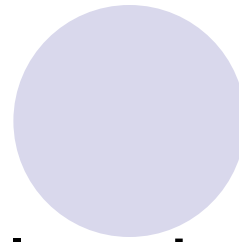
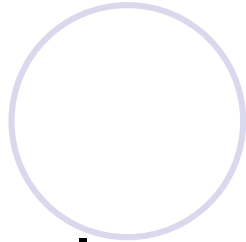
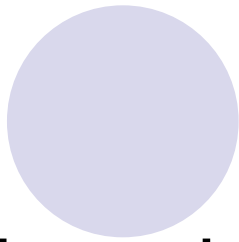
Language Development:

- Language skills continue to accelerate during the school-age years and vocabulary expands.
- The school-age child learns to read and reading efficiency improves language skills.
- School-age children begin to use more complex grammatical forms such as plurals and pronouns.
- This enables them to enjoy jokes and riddles due to their understanding of double meanings.

Cognitive Development:

The title is centered at the top of the slide. Behind the text are five circles of varying shades of light purple. The first circle is solid, the second is an outline, the third is solid, the fourth is an outline, and the fifth is solid.

- The child is able to see things from another person's point of view and think through an action.
- He or she is able to use stored memories of past experiences to evaluate and interpret present situations.



- The school-age child also develops the ability to classify or divide things into different sets and to identify their relationships to each other.
- Tells time; knows date, month and season.
- Learns about cause-effect relationship & can solve problems. e.g. knows that a stone will not float because it is heavier than water.

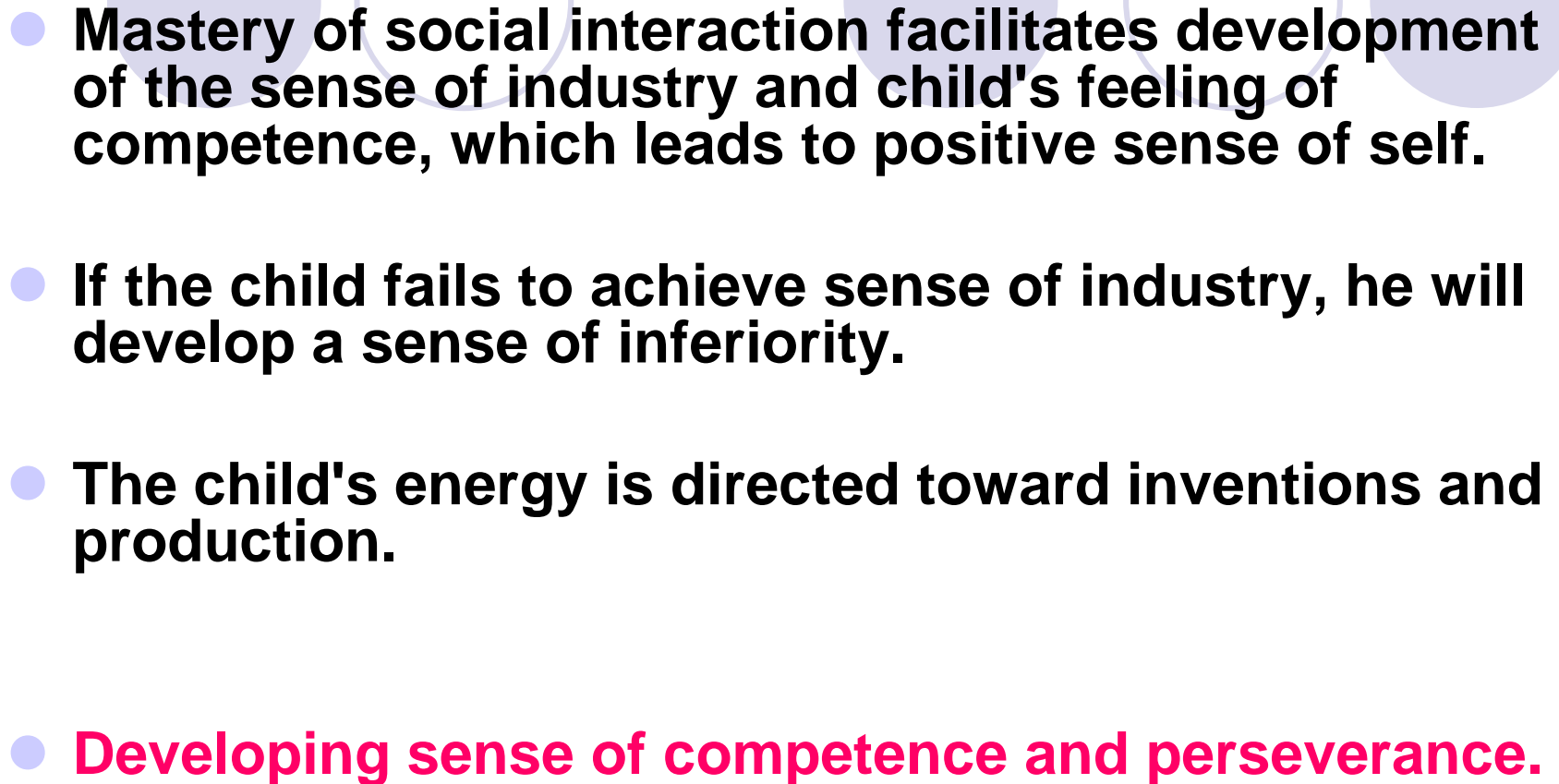
Emotional Development:



- **Fears injury to body, and fear of dark.**
- **Jealous of siblings (especially 6-8 years old child)**
- **Curious about every thing**
- **By 10 years of age, he has short bursts of anger, but able to control anger by 12 years.**

Psychosocial and Psychosexual Development

- **Freud believed the child entered a latency stage.**
- **Psychosexual concerns no longer existed.**
- **During this period, libidinal energies are reduced dramatically and increase physical and intellectual activities.**
- **Erickson Explain School age (Industry versus inferiority)**

- 
- **Mastery of social interaction facilitates development of the sense of industry and child's feeling of competence, which leads to positive sense of self.**
 - **If the child fails to achieve sense of industry, he will develop a sense of inferiority.**
 - **The child's energy is directed toward inventions and production.**
 - **Developing sense of competence and perseverance.**



Parents and caregivers can assist school age children to develop psychosocially by:

- Recognizing success and providing praise.
- Guiding children to perform tasks.
- Guiding to complete the task.
- Teaching the child how to get along with peers by collaborating, compromising.



Health Assessment:

- Safety from accidents.
- Nutrition: balanced diet.
- Rest and sleep 8 -12 hours.
- Activity / exercise.
- Social interaction
- Cognitive stimulation

Nutrition



- Boys 9 to 13 years old who are moderately active need about 1,800 to 2,000 calories a day.
- while girls this age who are moderately active need about 1,600 to 2,000 calories a day



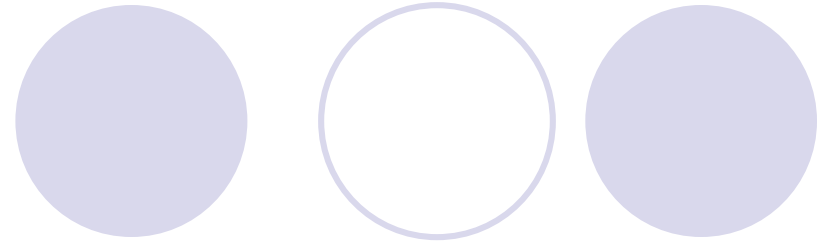
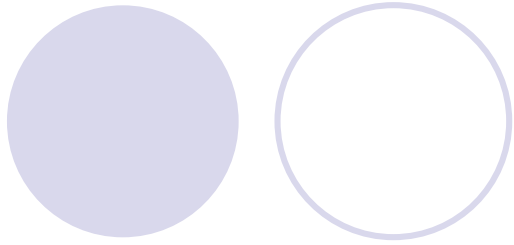
Common Health Problems:

- Accidents continue to be common in school aged children.
- Communicable disease: due to interactions with other children in school.
- Learning disability (LD) difficulty listening, reading, writing.
- Enuresis (bed wetting) usually at night.

Health protection

- Immunization
- Injury prevention





Health promotion

- **Exercise**
- **Sleeping patterns**
- **Nutritional requirement**
- **Dental care**

Selected health problems

- **Fears**
- **Dysfunction of bowel and bladder control**
- **School phobia**
- **Enuresis**
- **Appendicitis**
- **Accidents**
- **Communicable disease**
- **Learning disability**

Nursing Care for the School-Age Child in a Health Care Facility

- **Explain all procedures to children and their families**
- **Show equipment and material to be used**
- **Answer children's questions truthfully**
- **Give children an opportunity to verbalize anxieties**
- **Respect desire for privacy**

HAVE A NICE DAY

